

A-Z School Games Challenge

J – Judo Challenge – Tig

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the **#StayInWorkout #StayHomeGetActive** and tag **@CWSchoolSport**

PRIMARY INTRA-SCHOOL/LEVEL 1 RESOURCE – CHALLENGE CARD

JUDO – TIG

Quick introduction
Tig is an inclusive game that looks at the movement and reactions of both players.

Getting started

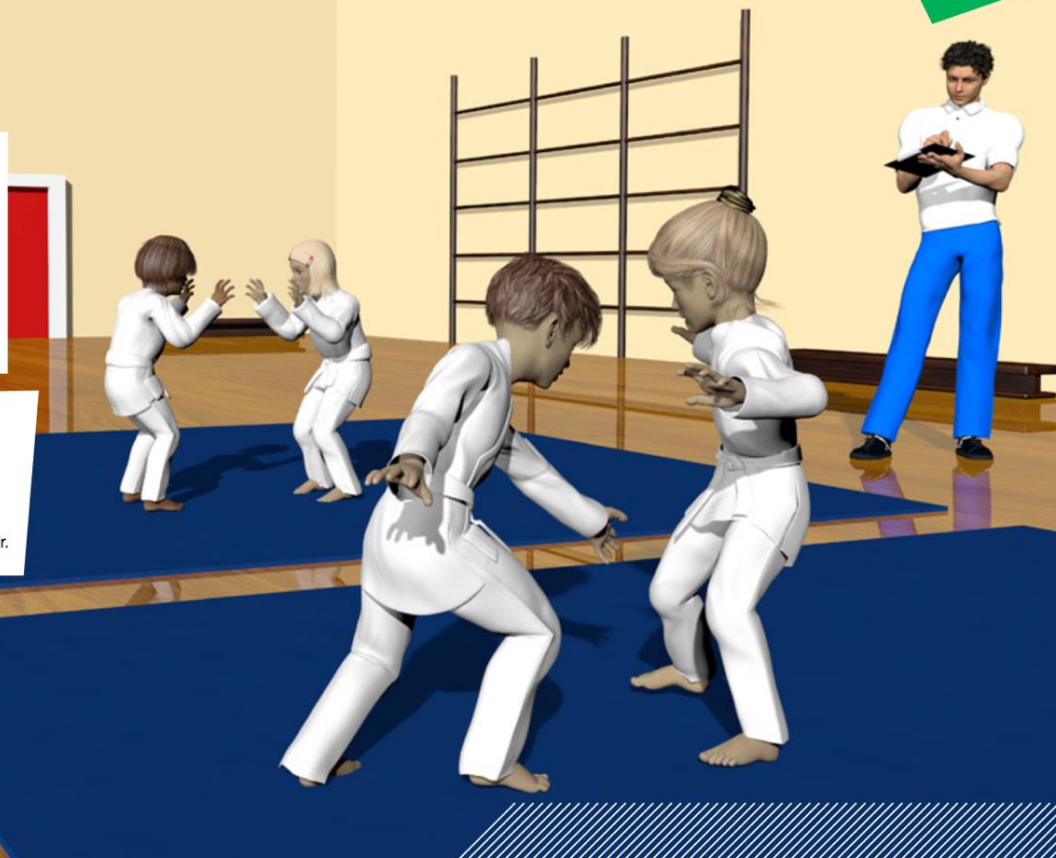
- Two players start facing opposite one another.
- They start in their ready position with knees bent and back straight, both on their feet.
- On the call of "hajime" both players are looking to touch the knees of their opponent, whilst at the same time trying to stop their opponent from touching their knees.

Health and safety

- Ensure hands are open and there are no fists.
- Ensure both players only go for the knees.
- Warn players to be careful not to clash heads.
- A 3m x 3m area minimum is recommended per pair.

Equipment required

- PE kit.



SCHOOL GAMES

COVENTRY, SOLIHULL & WARWICKSHIRE
SCHOOL GAMES

JUDO - TIG

PHYSICAL ME

- Ensure both players have low body positions with knees bent.
- Hands are low and player look to step in to make the touch.

SOCIAL ME

Leading and volunteering

- You can limit the time each player plays and a leader can be the timekeeper.

Think inclusively (STEP)

Space

- Use spots or cones to mark out a smaller space to reduce the amount of movement required.
- Make designated area bigger.

Task

- SEN/disabled players can start sitting opposite each other (on a chair or in a wheelchair) and points are awarded for touching the opponents shoulders or elbows.
- Standing players can touch the opponents shoulders if they cannot reach the knees.

People

- Visually-impaired players should start each competition gripping the opponent.

BRITISH
JUDO

THINKING ME

- Can I anticipate when my partner is going to step in?
- Where does my body position need to be to touch the knees?

SPORTING ME

Spirit of the Games:
Excellence through Competition



I know I can be successful if I put the effort in.

TACTICAL ME

If I get in close I can touch the knees but need to be quick at moving out to avoid being touched.



FUN FACT – The word 'Judo' breaks down into 'ju' (gentle) and 'do' (way or path) = 'the gentle way'.

Why not take a look at an elite judo match from the 2016 Rio Olympic Games -

<https://www.youtube.com/watch?v=YMRnXfukE9Y&feature=youtu.be>

If you have enjoyed this challenge and would like you get involved in a local Judo club click here:

<https://www.britishjudo.org.uk/club-finder/>

FOLLOW, RETWEET, GET INVOLVED!